

Great Eats at Valley Events

It's summer in Kings County, which means lots of sun, fun, and great local fare! There's no better place than the Valley for events filled with friendly greetings - all served up with great meals and desserts prepared from locally-grown fresh fruit and vegetables.

Recently in Berwick, great local produce was very evident when organizers of the area's first ecumenical youth rally had to feed 30 hungry youth. For three days this June, the United Church Camp Meeting Grounds, hosted young people from eight youth groups at *Come Together 2004* for fellowship, fun, and food.

As with any social gathering, especially one featuring teenagers, having lots to eat was of utmost importance. "Keeping them well-fed was one of the keys to them having a great weekend," says Michelle Bull, rally leader. "The good food was plentiful and much of it was locally produced!"

Locally-grown apples made great snacks. Pies and apple juice grown and produced in Kings County helped keep the participants full and satisfied.

"Personally, I feel it's really important to support our local farmers," continues Michelle. "They are the backbone of our community."

Take a drive nearly anywhere in Kings County in the summertime, and you are apt to find a church or community supper featuring fresh, local produce. Every July, for the past 25 years, the picturesque coastal community of Morden, Kings County hosts their annual fish supper.

About 200 meals are served at the community event. The menu is made up of barbecued fish, locally grown potatoes, peas, homemade coleslaw from local cabbage, delicious rolls, topped off by scrumptious strawberry shortcake made with fresh local berries picked for the occasion! Besides being a great opportunity to socialize, the supper also serves to raise needed funds.

"Local, homegrown food is used for the benefit of a lot of people in our community," says Marjorie Keddy, an active community member. "We use produce from our local farmers whenever possible. Growers have always been pretty generous to us and it's important to give back to them by buying local whenever possible."

The draw of featuring fresh, local berries and vegetables helps boost the fundraising meal. The money raised goes to local charities, and to the upkeep of the community hall. The building is the centre of many different social events like receptions, quilting seminars, and square dancing.

"We also use our community hall for fund-raisers like pie sales, made as often as possible with local fruit," continues Marjorie. "Locally grown food is usually at the centre of whatever we do. It somehow makes the meal more special!"

Great weather, beautiful scenery, friendly gatherings, and fresh produce from local farms – enjoy a taste of the Valley at summer events throughout Kings County.



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